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SURGICAL SUPPORT FOR REMOVING TOXINS

by Lana Phillips, BMus, MA

Lana Phillips is codirector of Unite Ltd., which promotes and distributes Hemi-Sync® products in the Republic of Ireland and England. As GATEWAY OUTREACH Trainers, she and her husband, Jim, also conduct workshops. Almost daily, Lana uses the tapes and accesses various Focus levels. She attests to great improvements in all areas of her life as a result of following guidance and insights obtained through Hemi-Sync.

For many years my dentist, Mr. Harry Torney of Dublin, Ireland, had a regular practice. After reading up on the literature, he decided to stop using mercury amalgam fillings. Before removing and replacing my own nine amalgam fillings, he urged me to visit Mr. Anthony Hughes, a doctor of homeopathy, who performed "eclosion testing" with a biofeedback device linked to a computer as I was exposed to certain substances. The diagnosis: significant toxicity to mercury amalgam and minor toxicity to cobalt, antimony, and barium. Three separate homeopathic remedies were prescribed for use prior to, during, and following the dental treatment. During Mr. Torney's own kinesiology testing, I showed muscle weakness only to the mercury amalgam. Despite his comfort with unconventional treatments, his office was not otherwise "alternative"—no New Age music, aromatherapy burners, or posted affirmations (other than "VISA/MasterCard accepted here").

I had four appointments at two- to three-week intervals. Mr. Torney used a rubber dam (a type of rubber sheeting), which fits in the mouth to block inhalation of mercury vapor, and advised me not to conceive during the removals and for at least a month afterward. I had read of the toxic insult this procedure places on the body-hence my choice of *Journey through the T-Cells* from the *POSITIVE IMMUNITY* album for the first appointment. This tape had been effective for me during colds, periods of stress, and other healing crises.

However, I foolishly waited to start the tape until after the injections of local anesthetic into my gums, swabbing, and fitting the rubber dam. What I'd imagined as the easy bit was actually the most painful. I could relax and visualize, but a fair amount of pain persisted. The novelty of a drill whining loudly close to my brain, odd bits of water and particulate matter in my face, and trying to breathe calmly and slowly through the rubber dam didn't help. Numb and tired, I went home and experienced minor pain through the night. I did take some "advice"—which came through in the visualization—and increased my water consumption.

For my second and subsequent appointments, stronger stuff seemed to be indicated. I turned to the *Intra-Op* and *Recovery* tapes from the *SURGICAL SUPPORT SERIES*. This time, I began using *Intra-Op* upon sitting down in the chair. My breathing became extremely slow and

even, my muscles relaxed completely, and a lovely feeling of numbness and “floatiness” came over most of my body. My head was still firmly “here,” and I was far from unconscious but deeply relaxed and in much less pain. Incidentally, the second and fourth sessions were the most arduous—they both took longer and involved slight but tedious difficulties.

After each appointment my husband, Jim, drove home and I listened to *Recovery*. It was useful, and yet the effects seemed less pronounced. Then I realized that this tape was designed for people coming out of general anesthesia. I had already gotten up, paid the receptionist, walked to the car, and chatted with Jim! At home, *Recovery* was most relaxing, and I concentrated on my body’s successful removal of the toxins.

Only on the last occasion was I able to use *Pre-Op* for a few minutes, and then amid the noise and activity of the small, busy dental waiting room after a two-hour drive. A slight delay with the preceding patient created an opportunity. I relaxed so quickly and completely that I didn’t even hear the dental assistant come in to collect me! My dentist and his assistant had a good-humored, “whatever floats your boat” attitude toward the tapes. The first time I used *Intra-Op*, Mr. Torney had me sit up slowly and collect myself before rising, as I seemed very pale and not quite “back” yet. He was right—I wasn’t. Some deep breaths, stamping my feet, and going outside grounded me readily enough.

I especially appreciated several aspects of *Intra-Op*: the encoding to eradicate pain signals (used during and after the tape with increasing efficacy) and the “heal, balance” instruction to my own body. I enjoyed feeling more in control of my healing process and remembering and using that personal power. The warm and soothing voice of Dr. Darlene Miller, who I’ve met on several occasions at the Institute, comforted me. It was as if she were there, talking me through the whole dreary, tiresome thing. After each tape, I had an impulse to write a thank-you note for her many hours of support!

“Let the others help you,” the tape said. How reassuring to be reminded that I was surrounded by calm, strong, competent, professional people who were there to help me. Allowing myself to be looked after in this delicate operation was a very powerful part of the whole experience. Sometimes I wanted to cry and emotionally release the feeling of aloneness that can occur all too easily in the dentist’s chair. The tapes helped me to trust my dentist, his assistant, my body, and everyone to whom I was close.

In my opinion, any tool that supports deep physical and mental relaxation, freedom from or conscious control of pain, a feeling of participation in the surgical and healing process, and feelings of trust and teamwork with the caregivers is worth its weight in gold. The *SURGICAL SUPPORT SERIES* deserves a place in every dental surgery.

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